

Musical Hoops

Week 3-Aug

Activity Type

Grade K-6

Equipment Hula hoops

PE Objective Class management

Academic Objective Health

NASPE Objective

Description Place hula hoops all around the playing area, and invite students to stand in them. Play music and instruct students that once the music stops, you will be holding up a number, using your fingers, that will indicate the number of people that must be in each hoop. Remind students that they will have to work together in order for this activity to work.

Variations Add a three, five, or ten second countdown to help motivate students to work quickly and not make decisions based on their friends. Set a class goal for the fastest times.